

August King Press

***We Are
Building
“Character”,
Families &
Communities”
In 2010***



*The King Team humbly thanks Martin Mitchell for
donating new basketball nets for the gym!
A true King Member!*



*Supervisor Coggs presents Vanessa Key with a
County Citation celebrating her 20-year dedication to
New Concept Self Development Center, Inc
Vanessa is truly a warrior for the community!
Congratulations on 20 years of success!*

*It's was a gorgeous day...
When
Supervisor Elizabeth Coggs &
King Advisory, Inc. Presented*





Thank you Supervisor Coggs for keeping your dream alive and continuing your vision for the children of the Milwaukee community! Thank you to King Advisory, Inc. for your dedication and thank you to Sue Black & the Parks Department for pampering King Park. A big thanks to the hundreds of volunteers who helped all week and on that gorgeous day! Stayed tune for information on King Advisory Inc. upcoming Annual Mardi Gras Fundraiser!

Boot Camp Fat Burning Yoga & Pilates at the King!

This workout is a combination of Yoga and Pilates designed to burn fat, tone, firm and energize the body. Emphasis is on the core muscles; which will flatten the abs using basic Pilate's movements. Improve your strength, posture and feel like you have never felt before!

Contact Laverne at 414-737-5517 or laverneharmon@yahoo.com for class information.



Laverne Harmon

Research has shown that chronic stress decreases efficiency in the work place and increases the number of "sick days" that employees take.

Doctors are recommending yoga to their patients and large corporations are offering lunchtime yoga classes for their employees. So what's so great about yoga? And just what is it anyway?

Yoga is a scientific system of practices that draws on many ancient and modern traditions. Yoga combines physical stretching and toning exercises with deep breathing, relaxation and meditation techniques for lowering stress. Yoga strengthens the body, soothes the spirit, quiets the mind and restores a sense of peace and well being to our lives. And it feels great!

Healing Effects of Yoga:

Addictions	Asthma	Backache	Bronchitis	Cancer
Colds	Obesity	Constipation		
Depression	Insomnia	Heart Disorders		
Migraines	Diabetes (not a cure)			
Hypertension	Stress and tension			
Menstrual disorders	Skin diseases			

There are many other illnesses that yoga can help with as well.

Piano Lessons are now offered at the King Center!

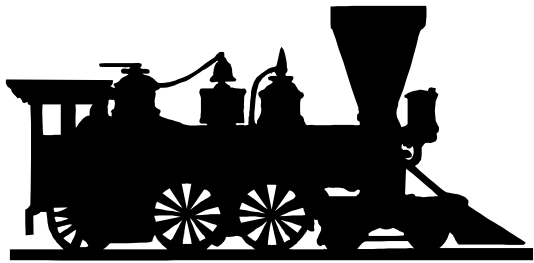
Ms. Melanie Brooks of Unlimited Keyboards will be providing lessons on Monday, Tuesday & Wednesday from 10:30am – 5:30pm for ages 6 and up. For additional information & cost, please Ms. Brooks at 414-305-8949 or email at unlimitedkeyboards@yahoo.com



Ms. Melanie Brooks

Headed to the Dr. Martin L. King Jr. Community

"I Am Somebody Too!" Summer Recreation



The Dr. Martin L. King Jr. Community Center "I Am Somebody Too!" Summer Recreation Camp has been a fulfilling experience for the children! Through the generous donation of Meghan Forseth, Biology and Sustainability Coordinator and Elisa Leal, Reservations Coordinator both of Discovery World our children were able to attend weeklong camps. Although each weeklong camp cost \$300.00 a week they made it possible for the children to attend through grant funding.

The 7 & 8-year olds participated in four camps, which were Operation Blast Off, Green Thumb, Supreme Challenge and Astronaut Training.

The 9 & 10 year olds five camps which were CSI Milwaukee, Extreme Sports, Food Chemistry, and Fish In & The of The Bowl and Science & Magic.

The 11 & 12 year old enjoyed three camps of Invention Dissection. BotsIQ, & Cardboard Furniture.

The 13 & 14 year old participated in two camps including Clothing Design & Entrepreneurship, and Faking the Future

The children also enjoyed field trips to: the Milwaukee County Zoo, Children's Fest, David Schultz Aquatic Center, Mayfair Movies, Discovery World Tour and Bay Beach in Green Bay, WI



We are getting a new playground!



Grand opening celebration coming soon!

The face of the center is beautiful!

***With the new grass and the donated center piece the front of the center is warm and inviting!
Many thanks to Sue Floreza and Tom Obukowicz. for donating and planting the new addition.***



For our YOUTH!

On weekdays when school is out, students will be allowed to come to the King Center for open activities starting at 10:00am with a school I.D.

Homework Assistance & Library Time

Monday – Friday
3:00pm – 4:30pm

Youth Open Gym

Tuesday
4:00pm – 8:00pm

Come Be A Girl Scout!

Enroll your daughters in Brownies or Girl Scouts

For My People Productions

Spoken word & theater training

Monday
5:00pm – 6:30pm

Tapping Out Rhythm

Monday 6:00pm

Youth & Teen Rec Room

Monday – Friday
4:30pm – 7:30pm

Saleem Karate-Do/

Thurs, Fri
6:00pm – 8:00pm
Sat. 10:00am – 12:00pm

Youth Movie Night

Thursday
5:30pm – 7:30pm

Al Mooreland Amateur Boxing

Train with some of the best coaches in the amateur boxing circuit.

Youth Exercise Class

Wednesday
6:00pm

Brilliant Minds Resource Center

Ages 5-17
Monday – Friday
3:00pm – 7:00pm

Youth African Dance Class

Friday
5:30 – 6:30pm

Girls 2 Women

Boys 2 Men
Teen Fitness Club
Thursday 6:00pm

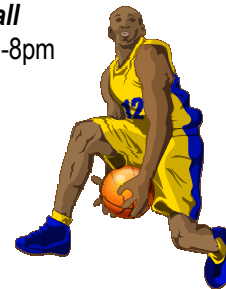
The World of Adults

Kings Weight Room

Monday – Friday 9am – 8:00pm



Adult Open Basketball
Monday thru Friday 10am-8pm



Exercise Classes

Mon – Thurs 9am, 4:30pm, 5:30 & 6:30pm

Queen's Weight Room

Monday – Friday 9am – 8:00pm

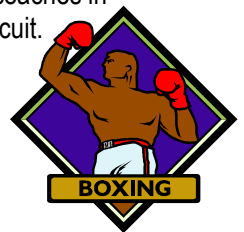
Adult African Dance Class

Thursday
6:30pm – 8:00pm

Al Mooreland Amateur Boxing

Train with some of the best coaches in the amateur boxing circuit.

Additional Fee
(414) 263-4461



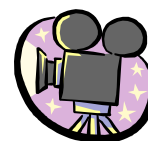
Saleem Karate-Do/

Thurs, Fri
6:00pm – 8:00pm
Sat. 10:00am – 12:00pm



Afro-Zumba

Wednesday
6:30pm



Andre Lee Ellis & Company

Adult theater training
Saturday 8:00am-12:00pm

Volunteers come share your talent at the center!

The King Center is always looking for coaches, officials, program assistants, special event volunteers and anyone with a skill, hobby or talent they would like to share with the youth! Ongoing opportunities are available at the King Center and we would love to have your input. If you would like to volunteer your talent, please call 344-5600 or speak to any of the King Team Members.

Partnerships

**George Sanders Fathers
Resource Center**
Monday - Thursday
9:00am - 5:00pm
Friday by appointment only
Call (414) 344-0146

**New Concept Self-Development Center
Social Services**
To receive a variety of social service based
assistance, including parenting classes,
Call (414) 344-5788
ABC's for Healthy Families



GED Classes, sponsored by MATC
Tuesday – Thursday
9:00am – 12:00pm
Free and open to the public.
Call (414) 344-5788



Plain Talk

Plain Talk is a replication of an evidence based successful national program. It is in collaboration with the Milwaukee Health Department, New Concept Self Development Center, Inc., and the Martin Luther King Jr. Community Center. It is an initiative geared towards educating adults regarding sexual reproductive health and how to communicate this accurate information to teens.

Call (414) 344-5788

King Center Memberships

Non-Residents Yearly Fees
Adult Non-Resident - **\$90.00**
Day Passes - **\$4.00**
Replacement Cards **\$5.00**

Hours of Operation
Monday through Friday
9:00AM until 8:30PM

**Milwaukee County Residents
Yearly Fees**
Adult - **\$35.00**
Junior (13-17) - **\$22.00**
Child (5-12) - **\$14.00**
Family of four (4) - **\$70.00**
Junior add on - **\$11.00**
Child add on - **\$7.00**
Day Passes - **\$2.50**



Room Rentals

Gymnasium

\$65.00 per hour (Weekdays)
\$75.00 per hour (Weekends)

Conference Room
\$35.00 (2hr minimum)

Auditorium
\$425.00 for 6 hours
\$80.00 Additional Hour

Youth Rec Room
\$40.00 hour
Great for Birthday Parties!

Multi Purpose Room
\$35.00 (2hr minimum)

Registration & Rental Procedure

All fees must be paid at time of registration or rental. Classes, times and dates are subject to change without notice.

2010 King Team

Rita Echols, Office Administrator * Jasen Jasper, Office Assistant * Dominic Conners, Youth Coordinator * Fred Jones, Recreation Specialist * Greg McBeath, Fitness Instructor * Ta-Wau Saleem, Karate Instructor * Tommy Sundebird, Weight Training Coordinator * Alvin Boyd, Preventative Maintenance Coordinator * Lamont Johnson, Facility Manager